

Ushna Yoga (Hot Yoga le Deborah) at Elysium Health Temple



Experience Yoga at ~100F! Flexibility postures are favored, and the opportunity to hold postures longer is provided to enable one to sink deeply into focus and the posture. Breath and visualization are encouraged. All levels are welcome, and are reminded to honor their bodies and modify the practice if necessary.

Advantages of hot yoga are said to include: release of toxins, improvement of flexibility and range of motion, increased potential for weight loss, development of muscle tone, increased focus and willpower, improvement of T-cell function and proper function of the immune system and nervous system, improvement in metabolism speeding up the breakdown of glucose and fatty acids, enhanced blood flow and peripheral circulation, better tolerance of heat, improved resolution of injury, and decreased chance of injury and soreness from Yoga practice.

Hot yoga requires one to be in better physical condition and have a tolerance for heat. Hot yoga is not advisable for pregnant women due to a rise in the body's core temperature to levels that may compromise the wellbeing of the baby. Those who have had breathing problems, chest pain, or other medical conditions are recommended to consult with a medical professional before practicing hot yoga. People who need an inhaler for any reason should bring it and inform the instructor. Since heat allows one to go deeper into postures, practitioners must take extra care that they only go to the level that is right for them. If you are unsure, try one class, and make sure you take breaks as necessary. It often takes a few classes to get used to the heat.

It is critical to keep the body hydrated before, during, and after practice with water or non-caffeinated beverages. Along with the recommended 8-10 glasses of water daily, one should consume enough water to replenish the body due to the extensive sweating. It is recommended that light food be consumed about a couple of hours prior to the practice. Bring a yoga mat, a large towel for your mat, a small towel for wiping sweat, and water.

Schedule as of 2/1/2011 - please check website for updates.

Tuesdays, Thursdays, and Saturdays 9-10:30am

Mondays and Wednesdays 6-7:30pm

Elysium Health Temple, 848 W Tonto St. Apache Junction.

From HWY60, North on Idaho, left on McKellips, right on San Marcos to Spa at end

Also join us in Yoga for Rejuvenation le Deborah on Tuesdays 6-7:15pm!

www.healyourselfhealyourworld.com

480-861-9959